

Democratic-run states could lose at least 10 House seats after 2030.

The Blue State Population Bust

It's hard to predict how the flurry of middecade political redistricting will affect the House partisan balance this election year. The betting now is that it might yield Republicans a one or two-seat gain over what they might have won otherwise. The bigger deal is what happens after the next Census in 2030, and on current trend that's bad news for Democrats.

The Census Bureau last week published state population estimates through July 2025. The left-leaning Brennan Center has taken a look at the Census and finds Democratic-controlled states are likely to lose at least 10 House seats.

If recent trends in population growth and migration continue, the Brennan Center projects that Texas would gain four seats, Florida three, and Georgia, Arizona, Utah, North Carolina and Idaho one each in the reapportionment after the 2030 Census. California would lose four, and New York two. Oregon, Minnesota, Wisconsin, Illinois, Pennsylvania and Rhode Island would give up one apiece.

This would give Southern states 164 House seats, which is 19 more than in the 2000s. The Northeast would have 81 seats, down from 92. Progressives portray the South as backward, but then why are so many people moving there from blue states? Answer: a lower cost of living and taxes, higher-quality schools and abundant jobs, among other reasons.

Domestic migration (not including immigration from other countries) to Florida (22,517) significantly slowed this past year and was lower than to Alabama (23,358), Georgia (27,333), Tennessee (42,389) and South Carolina (66,622). The Brennan Center says Florida may gain only two seats if its slower pace of growth continues. Florida's rising housing prices combined with higher mortgage rates may be slowing migration there. It's also possible that other Sun Belt states have become relatively more attractive to movers from the Northeast and Midwest as their GOP statehouses have slashed taxes, expanded school choice and courted businesses. Democratic states, on the other hand, are on all the evidence in a competition to see which can raise taxes higher, no matter the message to employers and workers.

Democratic states that lose seats may try to redraw their maps to eliminate GOP districts. But this will be hard to do since their maps are already heavily gerrymandered. Oregon has only one GOP Member, and Rhode Island has none. Under California's new map this year, Republicans are likely to represent only four or five of its 52 districts.

This cross-state migration would also affect the Electoral College, with states that voted for President Trump in 2024 gaining a net 10 seats. If Pennsylvania turns right as Ohio has, look out below. Democrats had better find a way to compete statewide in Florida and Texas.

Rather than engage in a gerrymandering race to the political bottom, all states would be better off if they focused on enacting policies that make them more attractive places to live and work.